

Postoperative Instructions

1. Fill any prescriptions and follow the instructions on the labels.
2. Expect a good amount of swelling and some discoloration. These findings are common and do not indicate infection or other problems. Sleep with your head elevated; even so you will find swelling to be most marked on arising tomorrow morning.
3. In case of severe bleeding, elevate head, apply ice to back of neck and bite on a piece of gauze for 25 minutes. If bleeding persists, bite on a wet tea bag.
4. Apply ice in a cloth to your face for 10 minutes on, 20 minutes off, for 48 hours.
5. Take two tablespoons of milk of magnesia tonight.
6. Make the following solution: to one quart tap water, add one level teaspoon of table salt. Mix and bring to a boil. Store in a covered container. Use as a gentle irrigant 8 ounces each hour. Do not use vigorously. Start tomorrow and continue until sutures are removed.
7. Patients should not wear prostheses for eating and should wear them only for esthetics for the first postoperative two weeks.

Recommended Diet Following Surgery

Follow the guidelines below for your diet over the next two weeks. Food you eat should be soft and high in protein. Eggs, milk, ice cream, boiled chicken, soup, cheese, and junior foods are some good examples. Remember to drink plenty of fluids, especially during the first 24 hours after surgery.

Day 1-2	Liquid diet: soups, Jell-O, high protein drinks
Day 3-5	Puree diet, any food that can be blenderized well: applesauce, mashed potatoes, soft boiled eggs
Day 6-14	Soft diet: Tuna fish, boiled chicken, cheeses, soup, Salisbury steak
After day 14	Return to your normal diet